



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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COMMUNITY EDITION

December 2017

Frostbite

Winter is coming... That means the temperatures are dropping. When temperatures hit extreme cold levels people are at risk of developing frostbite. Frostbite is caused by freezing that results in loss of feeling and color to affected areas of the body. Ears, nose, cheeks, chins, fingers, and toes are most commonly affected. Frostbite can be a serious condition resulting in permanent damage to the body or even amputation. Signs of frostbite may include white or grayish-yellow skin, numbness, or skin that feels waxy or firm.

If there are signs of frostbite:

- Seek medical care as soon as possible.

- Get into a warm room.

- Do not walk on frostbitten feet or toes unless absolutely necessary.

- Immerse affected area in warm (not hot) water.

- Do not rub or massage the frostbitten area.

- Don't use a heating pad, heat lamp, fireplace, or radiator. Frostbitten areas are numb and can be easily burned.

When going out in cold temperatures be sure to cover up! That includes nose, ears, toes, cheeks, chin, and fingers.

Source: Center for Disease Control & Prevention www.cdc.gov



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

How Many Calories Do You Burn?

The following chart shows the approximate calories used (burned) by a 5'10", 154-pound man in 1 hour and in 30 minutes.

MODERATE physical activities:

	1 Hr	30 min.
Hiking	370	185
Gardening/yard work	330	165
Golf (walking)	330	165
Bicycling	290	145
Walking (3.5 mph)	280	140

VIGOROUS physical activities:

	1 Hr	30 min.
Running/jogging (5 mph)	590	295
Bicycling (over 10 mph)	590	295
Swimming (slow laps)	510	255
Aerobics	480	240
Basketball (vigorous)	440	220

Source: How many calories does physical activity use (burn)?
www.ChooseMyPlate.gov

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

*(Immunizations given at all these clinics)
 (Flu Shots also available at all clinics.)*

Dec 12th—Boscobel United Methodist Church from 9:30am to 3:30pm

Dec 13th—Fennimore United Methodist Church from 9:00am to 3:30pm

Dec 19th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Dec 20th—Late Lancaster Schreiner Memorial Library from 12:00pm to 6:30pm (NOTE: Change of time)

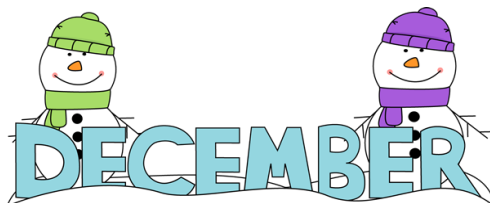
Dec 21st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 4th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 9th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jan 10th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jan 16th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm



Grant County Health Dept will be closed on Dec 25th, Dec 26th and Jan 1st for the holidays!

The most important thing that you can do to keep from getting sick is to wash your hands!!

The best defense against many types of germs is to wash your hands. It is important to wash your hands

- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- After coughing or sneezing
- Changing a diaper

More often when someone in your home is sick.



What is the correct way to wash your hands?

- First wet your hands and use liquid or clean bar soap. Store bar soap on a rack that allows it to drain.
- Next rub your hands vigorously together and scrub all surfaces.
- Continue for 20 seconds or about the length of a short song. It is the combination of soap and scrubbing action that removes germs.
- Rinse well and dry your hands.
- If soap and water are not available, use alcohol-based gel to clean hands:
 - Apply product to the palm of one hand (about the size of a quarter)
 - Rub the product over all surfaces of hands and fingers until hands are dry.

Source: CDC (Centers for Disease Control and Prevention) www.cdc.gov/cleanhands

Advance Directives

Medical emergencies can happen to anyone at any time, and can leave a person unable to make decisions for him/herself. Having an advance directive in place lets others know what kind of medical care you would want. There are two documents involved:

A **Health Care Power of Attorney** is a document that names someone to make medical decisions for you when you are unable to do so. This person should be familiar with your values and wishes and able to make health care treatment decisions as you would. Naming a health care power of attorney can be done in addition to or instead of a living will.

A **Living Will** is a document that lists the types of treatment you do or do not want if you are permanently unconscious or dying and cannot make decisions about emergency treatments.

To obtain Wisconsin Advance Directive forms check out the Wisconsin Department of Health Services website. <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>. You can adjust your advance directive over time if your wishes change. Talking with your doctor about current medical conditions and their potential impact on your future health may be a place to start.

Source: National Institute on Aging <https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>

Storing Leftover Food

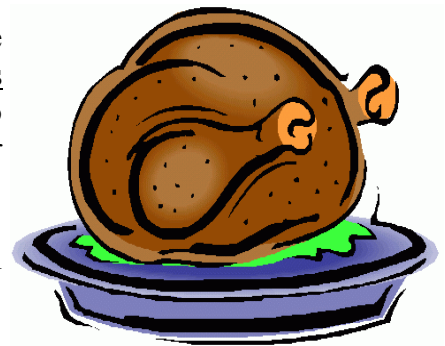
The holidays are a time to appreciate all that is good in our lives and to spend it in the company of friends and family while enjoying great food. It is also a time to reflect on the bounty of our food supply.

USDA estimates that on average, American consumers waste about one-fifth of food that is available to them, equivalent to about \$371 per person annually. The total is enough money to buy about 21 whole turkeys for each person in the country. Wouldn't it be great if we could make reducing food waste one of our Holiday traditions.

Before you start shopping, take stock of what you have in your refrigerator and cupboards so that you don't end up tossing extras. Using up the food currently in your refrigerator is particularly important to clear room for all of those holiday ingredients and leftovers. Menu planning helps to minimize waste.

Leftovers can be substantial, particularly when the gatherings are large. Take time to make sure leftovers are refrigerated within two hours from when they are hot and have guests leave with something tasty to take home and eat later. Leftovers can be kept in the refrigerator for three to four days or safely frozen for up to a year.

The Holidays are a great time to begin food waste reduction strategies in your household that can become habit for every day of the year.



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